A GERMAN LEGEND. THE vanity of the fair sex, it is said of the same age as the sex itself, clever writer, in defending this trait of the feminine character, has said that i constitutes its greatest charm; that without it the sex would lose half its attraction; and in support of this theory there is the old quaint story of a German -a story which is so tender and pretty that it is worth rescuing from the gotten legends of the Fatherland :

A maiden lived on the banks of the Rhine with her father, the miller. Now the maiden, whose name was Elise, was not pretty, and she was cross and fretful, ved for her own lack of beauty and thought that none would ever care for her on account of the few graces Nature had given to her; so she did not even try to please, and yet her heart was very large and very kindly. She spent half her time in front of her looking-glass, lamenting her plainness and thinking how impossible it was that Carl would ever learn to love her, while Gretchen, who was so fair and pretty that she was called "The Daughter of Spring," dwelt near her.

Spring," dwelt near her. Elise was not loved, for she had never tried to gain love. She always fancied that it would be in vain to endeavor to please, in vain to be kind, and thoughtful and loving. When Nature had so slighted her, who could care for her or think of

her, or be interested in her?

"Ah!" she sighed, one day, "if I could but have Gretchen's beauty, I should be the happiest girl in the Fatherland, for then I should not fear any rival; and Carl, sunny haired Carl, might love me.'

But Carl never came near her now, and only thought of her as cross and fretful Elise, and wished Gretchen had had less vanity with her pretty face, and a rather larger heart in her slim body. One day—it was in the time of the vin-

tage—Elise went down to the Phine to bring up water, and as she dipped her pails in the clear ripples, she saw her own face reflected, and turned away wretched and

She sat down on a rocky stone and watched the sunlight playing on the castle-crowned hills, and listened to the far-off song of the workers in the vineyards; and she thought of Carl, who was there, and of Gretchen, who was there also. "Ah me!" she sighed, "what a gift is beauty!" "Elise," said a voice, and looking up she saw an old woman—a very old, deformed woman—standing near to her. "Elise," she said, "I will tell you the second of beauty and woman—standing near to her. cret of beauty, and you shall obtain all that you long for so much. Go home, and never look in a glass - never see the reflec-

"Quite sure," replied the dame; "but, remember, if you once see your own face, your ugliness will return. Now, go home, and be light of heart, and every day your lack of beauty will grow less, and every day may be used to be used to be used." day more love will hover around you."
"But how shall I know that it is true if I may not see my face?" asked Elise.
"Can you not tell by the altered manner of those around you?" asked the

"Oh, yes," said Elise; "how I will watch

Elise went home with a new and strange happiness at her heart—a happiness that changed her nature and influenced every day of her life, and made her amiable, and soft, and loving, and kind, and considerate

and conquered her desire. In the spring time came her wedding day, and early in the sweet fresh morning she was married to Carl, and the young flowers peeped out to see her face a by, and the tender grass kissed her feet as she went along, and the birds sang out a greeting, and even the light feathery

clouds seemed to stoop over her head, as with their shadowy hands they blessed her on her bridal-day. Ah, happy Elise!
"Thou art so changed!" said Carl. "Thy
face is so different from what it formerly was. It does not seem to me that it is possible thou art the same Elise. I used to pass without even looking back to gaze on thee; but to-day, in thy bridal veil, thou art a sweet picture, which memory will paint on my heart forever?" Elise felt herself thrilled with happiness,

but never once told the secret of that change, though she herself did not know that the real secret lay in her own changed nature.

Now, presently, they were all feasting; and Elise, longing to be alone for a few minutes, with her wonderful happiness,

crept down to the side of the Rhine, and "Ah, and he said I am so altered, too Happy Elise, though art indeed altered! And he said how pretty I looked in my bridal veil. Do I, I wonder? What would

I not give to see myself!" Elise was forgetteng, as she longed to see herself, how strict had been the old woman's warning. She stood on the edge of the water with her face turned away, but her vanity kept saying to her, "Look once for a single moment, Elise, and see thyself on thy bridal day;" but she hesitated, and longed, and wondered if punish-ment would really follow if she looked.

"It cannot make any difference," she thought, and she moved her head a little -a very little way round-till she could just see the shape of her head re-flected in the water, and it seemed quite strange to her, for she had not seen it for

"I must, oh, I must see the face my Carl loves," she said; and, forgetting the happi-ness she might lose in this offering to her vanity, she turned and looked at her reflection in the water, and she saw-what? the same plain face she remembered long ago; the same the very same, without one

With a scream of despair she tottered forward a step too far, and before she could recover herself she fell into the water which had shown her the dreadful truth. The tide bore her away, and never again was seen the miller's daughter-Carl's young bride. Alas for vanity!

The Deaf Aunt and Wife;

Suddenly—"Did you have a pleasant strong essence all those works the full bourney?" went off my wife like a pistol, beauties of which can only be appreciated Gan ourney?" went off my wife like a pistol,

have have heard it; when I was in the third story of the building I heard every peaceful intercourse of home life. But according to the severity of the case.

In the course of the evening my aunt took occasion to say to me: "How loud your wife talks!"

I told her deaf persons talked loudly and that my wife, being used to it, was not | don Examiner. effected by the exertion, and that she was getting along very nicely with her.

Presently my wife said softly: "Alf, how very loud your sunt talks."
"Yes," said I, "all deaf persons do.
You are getting along with her finely; she hears every word you say." And I rather think she did.

Elated at their success at being understood, they went at it hammer and tongs, till everything upon the mantlepiece clattered again and I was seriously afraid of a crowd collecting in front of the house.

But the end was near. My aunt being of an investigating turn of mind, was desirous of finding out whether the exertion of talking was injurious to my wife. So—
"Doesn't talking so loud strain your bad fought excited forms and the shad country are inset for the deserts of Central Asia, in the deserts of Central Asia, in the during plains of Africa, or the snowy heights of Caucasus, suddenly appears in the haunts of more civilized Europe, and tells, as an eye-witness, the sad story of the crucifixion, and his share in the control of the fought excited the haunts of more civilized Europe, and tells, as an eye-witness, the sad story of the crucifixion, and his share in the control of talking was injurious to my wife. So—
"Doesn't talking so loud strain your heights of Caucasus, suddenly appears in the haunts of more civilized Europe, and tells, as an eye-witness, the sad story of the crucifixion, and his share in the control of talking was injurious to my wife. So—
"Doesn't talking so loud strain your heights of Caucasus, suddenly appears in the haunts of more civilized Europe, and tells, as an eye-witness, the sad story of the crucifixion, under the Roman swords; he had fought and the same and the head fought and the same and the had the same and the had the same and the had the had the same and the had the h stood, they went at it hammer and tongs, till everything upon the mantlepiece clatof talking was injurious to my wife. So—
"Doesn't talking so loud strain your had fought against Guals, Germans, and the Roman swords; he had fought against Guals, Germans, and the constructed proving still sound after the constructed proving still sound still sound after the constructed proving still sound still sound the construction after th

railroad was time to evacuate tion of your own face in the water; never ione again gaze on your own features, and you will grow pretty—so pretty that all will wonder at the change, and Carl—Carl John gone, I stepped into the back parlor, and there he lay flat on his back, with his hody, rolling the right angles with his body, rolling the right angles with his body, rolling the right angles with his body. railroad whistle at the time.

I began to think it time to evacuate the began to think it time to evacuate the who thus personified the Jewish nation, premises; and looking around and seeing under the figure of a single man, scattered "Oh, I will never see my face again as long as I live—never, never!" said Elise.
"But are you sure, quite sure?"
"Onjis spre."
"Onjis spre."

such a scolding as I then got I never got before and I hope never to get again.

How Much Shall we Eat?

"Great eaters never live long; spare eaters never accomplish much. The best

learned to love her, and through the Fatherland there was not so happy a girl as Elise. And all this time she never once saw her own face, but turned away her head when she dapped her pails in the stream, and through all the miller's house here was not to be found a looking-glass. She longed—ah, how much!—to see herself in her new garb of beauty; but she remembered the old woman's warning. old woman's warning, or desire.

should eat slowly, or we shall eat too much.
The slow eater should stop with the cessation of his appetite; the rapid eater before. Rapid eating frequently begets irritability, dyspepsia, or disease of the stomach. In this country rapid eating is a prevailing evil. Every year its slain are counted by thousands. Not long since a friend wrote me inquiring why it is that there are so

many more dyspeptics in America than in other populous countries? 'Because,' I responded, 'there are more rapid eaters.'"
"How long time is required for digestion?"
"Ordinarily from two to five hours, or longer, according to the kind of food and the thoroughness with which it is masticated. When the proper kind of food has been caten in suitable quantities, the fibers of the muscular coat of the stomach alternately contract, pressing the food back-ward and forward from side to side. This

Mental Intoxication.

need not necessarily imply actual vicious-ness; it correctly expresses that kind of life which so many people lead now-a-days, in which all the energy and strength of mind, all the best faculties and qualities of our moral natures, are thrown away. Just as the general who loosely and with-

I had an aunt coming to visit me for the dull blank, incapable of reflection, stupefirst time since my marriage, and I don't fied with fatigue?

I had an aunt coming to visit me for the dull blank, incapable of reflection, stupeof-doors summering of horses. The foot inst time since my marriage, and I don't know what evil genius prompted the wickedness which I perpetrated towards my wise and ancient relation.

If we look at the 'amusements of the wickedness which I perpetrated towards my wise and ancient relation.

"My dear," said I to my wife on the day before my sumt's arrival, "you know Aunt Mary is coming to-morrow; well, I forgot to mention a rather annoying circumstance with regard to her. She is very deaf; and although she can hear my work, and although she can hear my work, and and women; they rust have "some work will be obliged to speak extremely load in order to be heard. It will be rather inconvenient, but I know will be everything in your power to make her stay agreeable.

Mis. — announced deer determination of make her stay agreeable.

Mis. — announced deer determination to make her stay agreeable.

Mis. — announced determination to make her stay agreeable.

Mis. — announced determination to make her stay agreeable.

I then went to John N—, who loves a joke about as well as any person I know of, may told him to be at the house at 6 pm, the following evening, and felt comparatively happy.

I then went to John N—, who loves a joke about as well as any person I know of pm, make long on the time of a work and properly treated after it and with well and the properly treated at the other end, and the star war was carried in this way on to the batck, and the voted down the including the batch of a hors of which hugh repeat the top of the stack, and leveled down the including the top of the stack, and leveled down the including the properly the top of the stack, and the top of the stack and contained at the other end, and the stack of a strone time stury was a state of the properly the stack, and the top of the stack, and the top of the stack, and the top of the s genius prompted the If we look at the amusements of the of a horse so exposed is at one time saturestraw was carried in this way on to the

ordinary tones, yet you will be obliged to glasses of champagne. Social intercourse speak extremely loud in order to be heard, becomes no longer a pleasure, but ton, I am very sorry for it." becomes no longer a pleasure, but ton, worse than any legitimate labor; all the Aunt Mary, in the goodness of her heart, protested that she rather liked speaking oud, and to do so would afford her great make it in the end more wearisome; till the mind robbed of wholesome recreation The carriage drove up-on the steps was and the bracing effect of rational pleasmy wife—in the window was John N—, ures becomes so detilitated that it with a face as utterly solemn as if he had can feed on nothing but stimulants. All buried his relatives that afternoon.

"I am delighted to see you," shrieked my wife—and the policeman on the opposite sidewalk started, and my aunt nearly of character; our plays must be jerky, about full of control of the same cause. Our theaters must not give us intellectual dramas or elaborate analysis of character; our plays must be jerky, about full of control of the same cause. fell down the steps.

"Kiss me my dear," bawled my aunt, and the windows shook as with the fever and ague. I looked at the window—John had disappeared. Human nature could ensure the suffers only less than the drama; novels dure it no longer. I poked my head into the carriage and went into strong convulare full of excitement; scarcely any one When I entered the parlor, my wife was has time to read anything worth reading, helping Aunt Mary to take off her hat and

and John nearly jumped to his feet.

"Rather dusty," was the response in a war whoop, and the conversation continued.

"Blocks around must resolutely determine that two evenings at resolutely determine that two evenings are resolutely determined to the resolute that the while everybody has no rule of life but to do whatever everybody else does, whether he can afford it in purse or health, in body or in mind, we fear there will be little twelve drops of alcohol, and the same ment of mental intoxication.-Lon-

Three Popular Superstitions.

OVER all the middle ages we see the wierd figure of a man, downcast and grave, who, unhasting, unresting, must march on to the day of doom. The Wandering Jew, sometimes buried in Armenian convents lungs?" said she in an unearthly whoop, for her voice was not so musical as it was when she was young.

Saracens; but no lance would enter his charmed body—no arrow pierce the heart that longed to be at rest. The wide left when she was young.
"It is an exertion," shricked my wife. that longed to be at rest. The wild ele-Then why do you do it? was the answering scream.

"Because—because—you can't hear if I don't," squealed my wife.

"What!" said my aunt, fairly rivaling a railroad whistle at the time.

I began to think it time to evacuate the through the world, and undestroyed by persecution. Matthew Paris is the first historian who speaks of it: an Armenian Bishop visiting the monks of St. Albans,

> centaurs, pigmies and dragons. There sprung the fountain of eternal youth, there grew the Tree of Life, from which was drawn the holy oil used for the sacraments of the church; and when the king and his court sat down to table they needed no cooks for a spiritual cleft prepared ed no cooks, for a spiritual chef prepared | water (hotter the better) and wipe dry and all their dishes.

Another mythical being was Antichrist, Bur there is a kind of intoxication almost more injurious than that which results from the abuse of alcohol; we mean the mental intoxication which results from the abuse of excitement. This is one of the great evils of society at the present day. The life which the upper leading a rule is entirely destinate the churches, and the appearance of Anti-christ; but the sun rose bright as even, the laws of re-

The Foot of the Horse. Owners of valuable horses may congratulate themselves on the assurance that, short." "What difference does that in by the aid and extended influence of veter—We sometimes thatch with stubble." Just as the general who loosely and without any definite purpose, scatters his soldiers all about the country insures defeat, so does that man or woman insure deterioration who squanders on the amusements or trivial duties of society the powers of the mind or the emotions of the heart. Concentration is necessary for success in a sound and healthy, but in better form all things; and concentration becomes important of the standard of the standa all things; and concentration becomes impossible when our attention is forever dif
they had not been shod at all. Some in pairs with a piece of strong string so as Sheet contains thirty-one engravings of dresses. fused through such innumerable channels that it can never gather in force on any one point. Solitude is the restorative of one point. Solitude is the restorative of the mind, no less than sleep is of the body; but what good can solitude be when it finds us so jaded with the continual crowd and excitement in which we live, that our brain is either a mass of whirling images of impressions half received, or a last last once appropriate on the same than three weeks without being subject to the drawing knife of the blacks smith, and the shoes properly replaced. Neither should stopping with damp tow be omitted; as moisture, not used, is beneficial to the health of the foot. Here then the sticks, some three or four inches thick. The stream of the evils of our last one appropriate one of the evils of our last one appropriate or the more than three weeks without being subject to the drawing knife of the blacks smith, and the shoes properly replaced. Neither should stopping with damp tow straight, laid on two of the sticks, some three or four inches thick. p. m., the following evening, and left comparatively happy.

I went to the railroad depot with a carriage next night and when I was on my way home with my aunt, I said:

"My dear aunt, there is one rather annoying infirmity that Annie, (my wife) has, which I forgot to mention before. She is very deaf, and although she can hear my voice, to which she is accustomed, in its

USEFUL AND SUGGESTIVE.

Some bee-keepers recommend the placing of salt about hives to keep off insects. OBSERVATIONS in India on cases of sun-stroke corroborate the theory that intensity of light in addition to heat is concerned in producing the injurious effect.

A CORRESPONDENT of Forney's (Philaphia) Press has received a circular from Hamburg, Germany, offering sand, of a peculiar color, for sale for the adulterating

A GREEN powder used by coffee dealers to color coffee berries, has been analyzed, and the analysis, which is published in the Medical Gazette, shows it to contain fifteen per cent. of Prussian blue, and thirty-five per cent, of chromate of lead.

The following remedies are said to be valuable and infallible: For corns, easy shoes; for bile, exercise; for rheumatism, cap; and there sat John with his face of men worthy of far nobler work, are buried in his handkerchief.

Or reflect on what he is reading; the brains of men worthy of far nobler work, are taxed to boil down, as it were into

GARGLE FOR SORE THROAT.—Strong sage tea, ½ pint; strained honey, common salt and strong vinegar, 1 tablespoonful of each; Cayenne pepper, pulverized, 1 rounding teaspoon; steep the Cayenne with sage; strain, mix the bottle for use. Gargle from four to a down the same of the cayenne his majority.—Cor. Ohio Farmer. TO REMOVE STAINS FROM BROAD

quantity of spirits of turpentine. Whenever you wish to remove any stains from cloth, moisten a little of this mixture with alcohol, and rub it on the spots. Let it remain till dry, then rub it off with a woolen cloth, and the spots will disappear. RAISED WAFFLES -One pint of sweet

milk, a heaping tescup of butter, three eggs, (yolks and whites beaten seperately,) sometimes buried in Armenian convents or the deserts of Central Asia, in the of flour, one-quarter of a teaspoon of soda dissolved in one teacup of sweet milk; beat all together and let it rise till very light, and then bake. Serve hot, with butter and sugar, or plain, according to

A CASE of remarkable preservation of a fifteen years of service, is explained upon the theory that the timber was completely water-soaked before being used, and that during the period it remained in the water the sap was removed, so that when thor-

hard as a bone.

IDLENESS AND HEALTH.—Among the unhealthiest of occupations, Dr. Guy, a celebrated English physician, classes idleness and luxury. They induce premature is the company of the stalls were then cleaned. Then a man proceeded with a large pail of cold water and a cloth, to wash the teats and udder. The table has reached its present pre-eminence. ness and luxury. They induce premature decay much faster than many trades re-garded as the most exhaustive and fatal to

ence to the city registers. The last we bear of him is in the city of Brussels in places will occur throughout the piece, and these will be filled up in time with with rough and dirty hands, while the

soft, and loving, and kind, and considerate, and anxious to please and ready to serve and help others.

Presently people began to remark the alteration in the miller's daughter, and to tell her how different she was from formerly; and talked to her about their lovers; and the youths declared that Elise, the miller's daughter, was the nicest girl that side of the Rhine, and Carl learned to think how different she was from Gretchen, and he gastric fluid is prepared to be mixed with it, hunger, learned to love her, and there was not so happy a girl as

A PHYSICIAN writing a series of "Letwho was supposed to be born in Babylon, and whom the Jews were ready to recognize as their Messiah. The year 1000 was other directions, he remarks that much is nize as their Messiah. The year 1000 was fixed upon by the most learned doctors as the time of his appearance, and the end of the world. We flave a terrible picture given by a contemporary of the desolation which reigned throughout Europe at the approach of this fatal term; there were fearful signs in the heavens, and on the carth—celipses, comets, meteors, floods. nately contract, pressing the food back ward and forward from side to side. This continues until the gastric fluid is thorough ly mixed with the food. The length of time required to complete digestion varies according to various circumstances, such as the healthy condition of the stomach, the kind and quantity of food taken, exercise, stc."—Health and Home.

Learial signs in the heavens, and on the centhereofs, foods, tempests and plagues. Superstition aggravated the real evils of public misery; the people spoke of frightful miracles; the dead were raised; the living struck with sudden death; specters and demons came from the abyss. Men thought of nothing but how they should appear before Godthey gave up their wealth to churches and convents; they thought it useless to till the ground and occupy themselves in their made hotter than it, and as the part thus dressed is made hotter than it, and as the part thus dressed is made hotter than it, and as the part thus dressed is made hotter than it, and as the part thus dressed is made hotter than it, and as the part thus dressed is made hotter than it, and as the part thus dressed is made hotter than it, and as the part thus dressed is made hotter than it, and as the part thus dressed is made hotter than it, and as the part thus dressed is made hotter than it only the first and the production of the blood-yessels of the back brain by reason of their use. A switch or chignon is a substance which in itself is a great deal of blood, and a great deal of blood has a great deal of blood ha ground and occupy themselves in their made hotter than it ought to be, disease daily tasks; their fields, houses and shops takes place in a little while, and the whole

Mr. HARRIS has had a visit from an English farmer, who told him many things, nong others how to thatch a hayrick. classes lead, as a rule, is entirely destitute of repose; bustle and excitement enter into every pursuit, and the result is a dissipation of mental and moral powers most disastrous to the character of every individual concerned. The word "dissipated" is used too much in its worst sense; it need not necessarily imply actual vicious.

Aut the sun rose bright as ever, the stars fell not from heaven; the laws of nature were uninterrupted. "It was only posting that were uninterrupted." It was only posting that were uninterrupted. "It was only posting that were uninterrupted." It was only posting that were uninterrupted. "It was only posting that were uninterrupte man who can not is not fit to manage a farm." I told him that was good Yankee doctrine. "Why do you not thatch your haystacks?" he asked. "Because I have no one that knows how to do it, and because our machines break the straws so short." "What difference does that make? length, with a loop at the end, on the other mering of horses. The foot over and fastened at the other end, and the ting the straw. I think a great deal might be done to preserve a stack of timothy hay or straw by thoroughly raking down the roof after it had settled; doing the work when the surface of the stack was wet with all other stomschies, whether native or foreign dew or rain.

raising pigs as "hogriculture."

Give the Boys a Chance.

ONE of the surest methods of attaching boy to the farm is to let him have some thing upon it for his own. Give him a small plat of ground to cultivate, allowing him the proceeds for his own use. Let him have his steers to break, or his sheep to care for. The ownership of even a fruit tree, planted, pruned, and brought to bearing by his own hands, will inspire him with an interest that no mere reward of wages can give. In addition to the cultivation of a taste for farm life which such a course will cultivate, the practical knowledge gained by the boy will be of the highest value. Being interested, he will be more observant, and will thorough

Another and equally important advantage will be the accustoming him early to feel responsibility. Many young men, though well acquainted with all the man-ual operations of the farm, fail utterly when entrusted with the management of an estate, from want or experience in planing for themselves. It is much better

ly learn whatever is necessary for his suc

The True Way to Milk Cows.

As a rule, particularly in dairies of any considerable size, the milking is performed in an extremely indecent and filthy manner. Laborers often commence milk-ing after they have been doing the most dirty work, without even thinking about washing their hands, which are literally smeared with the filth of the yard. Then, after they have begun to milk, dust and dirt are constantly falling from the hands and from the cows udder into the milk. Many persons are also addicted to the habit of dipping their hands into the milk every half minute, and, with the warm liquid, moistening and lubricating the teats, to render them more pliable, so that the milk may be drawn more easily. Hence, if the udder and hands are not entirely clean, a milker will collect enough of filth to vitiate one's taste for the best of milk. These suggestions will explain how and why it is that such a large quan-tity of dark-colored dirt is usually seen in he bottom of the milk pitcher, after the milk is carefully turned out. Our own practice, when we superintend-

large, filthy washcloth was not dipped in the water, but a little clean water was indeled out of the pail on the cloth. By is feet as right angles with his body, rolling from side to side, with his fist poked into his ribs, and a most agonizing expression his ribs, and a most agonizing expression of countenance, but not uttering a sound. I make a conversed with the Jew about the year annually destroys so many of the wealthy, and a conversed with the Jew about the year intervals in several of the cities of Europe, and intervals in several of the cities of Europe, and the advantage of countenance, but not uttering a sound. I make a speedy similar attitude, and I think from the relations were the largest, and it is similar attitude, and I think from the relations were the largest, and it is similar attitude, and I think from the relations were the largest, and it is similar attitude, and I think from the relations were the largest, and it is some washed from the time he appeared at intervals in several of the cities of Europe, who, having nothing to do, play the part of drones, and, like them; make a speedy of the dry accumulations of the stalls to fall in the more was washed clean, all the loose dirt was brushed from the hard annually destroys so many of the wealthy, who, having nothing to do, play the part of who, having nothing to do, play the part of who, having nothing to do, play the part of the cities of Europe, who, having nothing to do, play the part of the dry accumulations of the stalls to fall in the largest, and its form the term of life, actually in creases it. It is lack of occupation that hand annually destroys so many of the wealthy, who, having nothing to do, play the part of the dry accumulations of the stalls to fall in the largest, and it is all to row of the stalls to fall in the largest, and it is all the loose dirt was but and the advantage clean, all the loose dirt was but with the home of the dry accumulations of the stalls to fall in the cows will the work was common that hand annually destroys to many of the wealthy, the row of the stalls to fold in this countries.

I was contained to specific the main the Another no less popular superstition was the existence of a king and pontiff, united in one, named Prester John, who makes and mosses.—Western Rural.

DRUNKENNESS.—"Truly, there is no cate skin will often kick when her tender

REV. JOHN HALL thus wisely speaks to young people: "There are two ways of setting up in this life. One is to begin where your parents are ending-magnifi-cent mansion, splendid furniture, and an legant turnout. The other is to begin a little nearer the point where father and mother—of blessed memory—began. You see, my friend, you can go up so easily and gracefully, if events show it would be safe; but it would be trying and awkward to come down. And it costs much now to live. And business fluctuates; and health is uncertain; and temptations from the side of pride are strong, and many a young man who did not mean to be extravagant has been led along; and rather than face position and descend manfully, has tried to keep up by embezzlement and been called a "swindler."

KNOXVILLE, Tenn., boasts of a young Samson, named Louis Kuckert. One of his feats is to lie flat on his back on the or, and stretch his arms above his head, with the palms of his hands upward, and for a heavy man to place a foot in either hand, when he will raise him with ease, getting up on his feet at the same time He has in this manner lifted men weighing nearly 200 pounds.

IT IS A GREAT MISTAKE to suppose that the cause of rheumatism, neuraligia or gout exists where the pain is experienced. The source of these diseases is generally wea in the blood, and it is one of the special properties of DR. WALKER'S VEGETABLE VINEGAR BETrens to neutralize this deposit, while it reno-vates the relaxed kidneys and thus prevents them from permitting a portion of their secre-tion to escape through improper channels. Torpidity of the stomach has also much to do with the vitiation of the blood, and upon his organ the bitters act directly as a stimu at and invigorant.

OPPRESSION after eating, headache, nervou debility, are the effects of indigestion. One, or two at most, of Parsons' Purpative Pills will give immediate relief.

PRUSSING'S White Wine Vinegar is a most superb article for table use. Warranted pure. designs for dressing children's hair. In the Work useful work. A handsome design for a suburban idence is also given. Mariou Harland's story. that has run through four numbers of the book, is completed in this number.

Exhaustion. Invalids, broken down in health and spirits by prostration by Hostetter's Stomach Bitters, is a sure guarantee that by the same means you, too, may be strengthened and restored. But to those wind mill known.

The celebrated self-governing Wind Mills, which can be recent, more work, of any kind, than any other Wind Mill made, and is the ONLY PREFECT, SELF-GOVERNED Wind Mill known. terative throughout the United States, but they are accredited by the certificates of the most dis-tinguished citizens of the Union, to the people of all other lands. In Canada, Australia, and the West Indies, they are gradually taking the place of and as surely as truth is progressive and demon-THE Augusta (Me.) Journal speaks of stration overthrows doubt, they will eventually supersede every other invigorant and restorative now employed in medicinal practice.



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In reviewing the career of these institution we have been much struck with the extraordinary onward progress of the Equitable Life, of New York, and the marked success which has attended the management of its affairs; and we feel that we are doing a positive good by giving in brief detail the points which entitle it to the first consideration of the insuring

The Equitable now occupies the leading position in respect to the amount of new an nual business, as will be seen by the follow

NEW BUSINESS, 1870.
 THE AFINA
 21,705,474

 THE NEW ENGLAND
 8,975,361

 THE KNICKERHOCKER
 15,141,544

 THE CHARTER OAK
 20,118,485

 By this we observe that its business for

1870 reached the enormous figure of \$40,295, 799, being \$7,000,000 larger than that of any company in the world. The Equitable is a mutual company, on the eash basis, making annual returns to its pol-

icy-holders of all the profits which arise in the course of its business. The mention of one very favorable feature must not be omitted-we refer to the ability

ed the milking was as follows: Every cow was fed just before the milking was to be done. When a cow is eating, or inmediately after she has swallowed her nected with Life Assurance can be readily obmess, she will always give down the milk tained. The executive of this company can

table has reached its present pre-eminence Starting from the first day of its organization under the best auspices, in 1866 there were but longevity. Labor in general, instead of shortening the term of life, actually increases it. It is lack of occupation that creases it. It is lack of occupation that FOUR companies that wrote a larger amount of new insurance; in 1867, but THREE; in 1868

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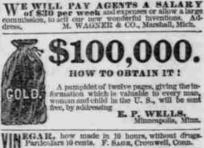
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